






Attending Doctor Appointments

5 IMPORTANT ITEMS TO BRING

	<p>Medical Records and Information</p> <p>This includes any documentation or reports from the emergency room or urgent care that you visited immediately after the crash. If you're seeing a specialist for the first time, ensure they have access to your medical history.</p>
	<p>List of Medications</p> <p>Compile a list of medications you are currently taking, including dosages and the schedule on which you take them. This should include prescription medications, over-the-counter drugs, and any supplements or vitamins.</p>
	<p>Insurance Information</p> <p>Bring your health insurance card and any necessary forms with you. Having your insurance information ready at check-in helps the administrative staff process your visit more efficiently. It's essential for verifying your identity and coverage details.</p>
	<p>A Detailed Account of the Crash Including Symptoms</p> <p>Write down everything you remember about the crash and the injuries you sustained. Include any symptoms you've experienced since the crash, even if they seem minor or unrelated. A timeline of how your symptoms have progressed or declined can also be very helpful.</p>
	<p>Questions and Concerns</p> <p>Before your appointment, take some time to write down any questions or concerns you have. This might include questions about your symptoms, concerns about potential long-term impacts, inquiries about tests or treatments, or even questions about managing pain or mobility issues while you recover. Having a list will ensure you don't forget to address any important points during your visit.</p>